Because their immune systems are less developed, children younger than five are more susceptible to infections. Learn how to stop the spread of germs in child care facilities and keep everyone healthy.

Clean your hands often. Keeping your hands clean is the number one way to prevent the spread of infection. Clean your hands:

- Before and after eating, feeding a child, or preparing food
- After using the bathroom or helping a child use the bathroom
- Before and after diapering a child
- Before and after giving medication or treating sores, cuts, or scrapes
- After sneezing, blowing your nose, coughing, or handling other bodily fluids such as blood or vomit
- Before and after playing in water that is used by more than one person

Stay up-to-date on vaccines and stay home if you are sick. This applies to children, parents, and child care workers.

Make sure surfaces are cleaned regularly. There should be a schedule for when each item is cleaned with an EPA registered disinfectant or a bleach solution, including diaper changing areas and toilets, toys, bottles, and sleeping areas.

Follow food safety guidelines to prevent food-borne illnesses.

Make sure the center follows best practices regarding the health and safety of child care, such as those published by Caring for Our Children.

For more information: www.apic.org/InfectionPreventionAndYou

Resources


